

MOST STUDENTS SPACE n' PACE THEIR NIGHT.

Eat food
before and
while drinking.

8PM

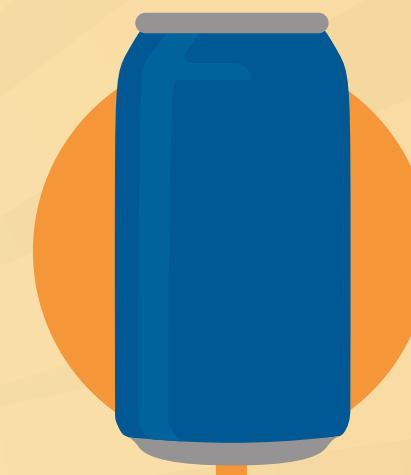


Sip your drink
rather than
chugging it.

11PM



10PM
Limit yourself
to 1 standard
drink per hour.



12:00
Alternate
with non-alcoholic
beverages.

Know
your limit,
drink within it.

1AM



PEP – AH
Postsecondary
Education Partnership
Alcohol Harms